



WASHINGTON STATE CRIMINAL JUSTICE TRAINING COMMISSION

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CORRECTIONS DIVISION PHYSICAL ABILITY TEST GUIDELINES **Juvenile Corrections Officers Academy (JCOA)**

In order to comply with WAC 139-10-212 "Physical Requirements for Admission to Basic Correction Academies," Academy applicants are required to demonstrate a requisite level of fitness for training purposes prior to entrance.

WAC 139-10-212 Physical Requirements for Admission to Basic Correction Academies

"Each successful applicant for admission to a basic corrections officer academy sponsored or conducted by the Washington State Criminal Justice Training Commission shall possess good health and physical capability to actively participate in defensive tactics training and other required physical activities.

In order to minimize the risk of injury and maximize the benefit of such participation...shall, as precondition of his or her academy attendance, demonstrate a requisite level of physical fitness, as described by the Training Commission.

For this purpose, each academy applicant shall be evaluated in the assessment areas of aerobic capacity, strength, and flexibility, in accordance with the requirements and procedures established by the Training Commission...failure to demonstrate a requisite level of fitness within each assessment area will result in ineligibility for academy admission and/or attendance."

Studies conducted by the Criminal Justice Training Commission concluded that higher levels of physical fitness are positively correlated to better performance in Defensive Tactics training as well as a decreased likelihood of injury during academy training activities. The Corrections Division P.A.T. measures aerobic capacity, and strength using three events: push-up, sit-up, and a 1.5-mile run.

PHYSICAL TRAINING COMPONENTS

- Control/Defensive Tactics Training and Testing: All students will be actively involved in performing skills techniques used to control and restrain resistant individuals. These techniques specifically developed for use by criminal justice personnel and are designed to maximize the safety of both the officer and violator. Each participant shall perform as a Defensive Tactics training partner and therefore is required to have techniques applied to them. Various training activities will include, but not be limited to: Bending, reaching, and crouching in the application of mechanical restraints. More specifically:
 - Physical training activity for up to 8 hours at one time.
 - Grab, wrestle and restrain resistant individuals and maneuvering them to the floor or to the wall,
 - Kicking, punching, slapping, elbowing, and knee striking a heavy bag,
 - Forced full range of motion of the spine, wrist and shoulder joints to incur pain compliance,
 - Being taken to the gymnasium floor by the arm and handcuffed behind the back,
- These techniques will be applied and experienced repeatedly over several hours a day on numerous days during the training. These actions will place repeated stress on the joints and muscles of the abdomen, back, neck, knees, shoulders, wrists, and elbows. Participants will sustain moderate to high impact on all parts of the body, specifically the chest, abdomen, and upper/lower back.

PROTOCOL

The test is conducted in sequence as, #1 Push-up, #2 Sit-up, #3 1.5 Mile Run.

PUSH-UP: Measures the muscular strength/endurance of the upper body, particularly the shoulders, chest, and triceps (back of upper arm) used in high intensity defensive tactics training and application. This is a critical component of the proper use of force involving pushing, grabbing, and breaking one's fall to the ground, as well as getting up from the ground.

SIT-UP: Measures primarily the muscular strength and endurance of the abdominal muscles. Torso muscles are important for maintaining the posture required for many of the control tactics taught at the academy which are instrumental in controlling and restraining resistant individuals.

1.5 Mile Run: Measures cardio-respiratory endurance or aerobic capacity. This is important for performing activities involving stamina and endurance such as continuous and prolonged control and defensive tactics training lasting classes 4-8 hours.

SCORING

In order to pass the P.A.T., the participant must earn 120 points from three events while not scoring below the 30 point minimum. The participant can score only the number of points listed in the range for each event. The participant earns “0” points if they do less than the minimum number of repetitions for the event, therefore failure of any single event results in a complete test failure. The participant does not earn more points if they perform above the maximum for the specific event.

EVENT POINTS

Listed in the table below are the event performance levels and associated point values.

Push-ups: 30 points for 10 repetitions with a maximum of 50 points for ≥ 15 repetitions.

Sit-ups: 30 points for 12 repetitions, with a maximum of 50.00 points for ≥ 18 repetitions.

1.5 mile Run: 30 points for running 18:17 with a maximum of 51 points for 16:17 or less.

			1.5 M Run Scoring Matrix x		~.175 point per second						
		Time	Points	Time	Points	Time	Points	Time	Points	Time	Points
Push- Scoring ups		18:17	30.00	17:53	.200	:29	.4	17:05	.600	:41	.800
# of Reps	Points	:16	.175	:52	.375	:28	.575	:04	.775	:40	.975
15	50	:15	.350	:51	.550	:27	.75	:03	.950	16:39	47.150
14	46	:14	.525	:50	.725	:26	.925	:02	43.125	:38	.325
13	42	:13	.7	:49	.900	17:25	39.1	:01	.300	:37	.500
12	38	:12	.875	:48	35.075	:24	.275	17:00	.475	:36	.675
11	34	:11	31.05	:47	.250	:23	.450	16:59	.650	:35	.850
10	30	:10	.225	:46	.425	:22	.625	:58	.825	:34	48.025
		:09	.4	:45	.600	:21	.800	:57	44.00	:33	.200
		:08	.575	:44	.775	:20	.975	:56	.175	:32	.375
		:07	.75	:43	.950	17:19	40.15	:55	.350	:31	.550
		:06	.925	17:42	36.125	:18	.325	:54	.525	:30	.725
		:05	32.1	:41	.300	:17	.500	:53	.7	:29	.900
		:04	.275	:40	.475	:16	.675	:52	.875	:28	49.075
		:03	.450	:39	.650	:15	.850	:51	45.050	:27	.250
Sit-ups Scoring		:02	.625	:38	.825	:14	41.025	:50	.225	:26	.425
# of Reps	Points	:01	.800	17:37	37.00	:13	.200	:49	.4	:25	.600
18	50.00	18:00	.975	:36	.175	:12	.375	:48	.575	:24	.775
17	46.67	17:59	33.15	:35	.350	:11	.550	:47	.75	:23	.950
16	43.34	:58	.325	:34	.525	:10	.725	:46	.925	:22	50.125
15	40	:57	.500	:33	.7	:09	.900	:45	46.10	:21	.300
14	36.67	:56	.675	:32	.875	17:08	42.075	:44	.275	:20	.475
13	33.34	:55	.850	17:31	38.05	:07	.250	:43	.450	:19	.650
12	30.00	17:54	34.025	:30	.225	:06	.425	16:42	.625	:18	.825
										16:17	51.00

Test Events

PUSH-UP

This test is used to measure the muscular strength/endurance of the upper body, particularly the shoulders, chest, and triceps (back of upper arm) used in high intensity defensive tactics training and application. This is a critical component of use of force involving pushing, grabbing, and breaking one's fall to the ground, as well as getting back up off the ground.



The push-up is conducted with the participant starting in the up position. The rater lies facing the participant with a four-inch foam cube centered under the participant's chest. The complete repetition begins when the participant's elbows are flexed to 90-degrees assessed by the triceps and ulnar side of the forearm (upper arms are horizontal/parallel to the mat) and finishes when the participant returns to the up position with the elbows fully extended.

A correct pushup is performed when the participant's back is flat with slight hip flexion. There should be no arch (extension) or bow (flexion) in the back, the feet are together (one foot can be placed on the heel of the other or up to 1 foot apart), and the hands are shoulder width apart. Resting can only be done in the up position.

One minute is allotted for the participant to perform the needed pushups.

SIT-UP

This test is used to measure the muscular strength, endurance, and flexibility of the abdominal muscles. These torso muscles are some of the most used muscles in the body. They bend and twist the torso and generate power used in many of the control tactics taught at the academy. These muscles are also important for maintaining good posture and minimizing lower back problems.



The sit-up is conducted with the participant lying on their back with knees bent to a 90-degree angle and the heels of their feet on the perimeter of a padded floor mat. A Spotter straddles the participant's feet holding the knees tightly, and a Counter kneels behind the participant with a hand placed beneath the participant's head.

The participant has a choice of two positions for their hands on the head:

- 1) Position 1: hands behind the head and the fingers interlaced. The little fingers **MUST** remain in contact behind the head for the repetition to count.
- 2) Position 2: hands are cupped over the ears alongside the head. Again, the hands **MUST** stay cupped over the ears for the repetition to count. No elbow movement is allowed in this configuration.



One complete repetition starts with the participant's head on the mat.

The participant must:

- Sit up to the point that their elbows contact their knees,
- Return to the mat so that their head touches the counter's hand.
- Only rest in the up position.

Once in position, the participant has one minute to perform as many correct sit-ups as possible.

1.5 MILE RUN

This test is a measure of cardio-respiratory endurance or the aerobic capacity used in extended control and prolonged defensive tactics training. This is important for performing tasks involving stamina and endurance, e.g., prolonged performance techniques in 4-8 hour use of force training sessions and minimizing the risk of cardiovascular health problems.

The run is conducted on the C.J.T.C. track or a measured course at regional academies.

How to Prepare for the Fitness Ability Test

Before beginning a physical exercise program it is strongly recommended that the individual be cleared by a doctor to undertake such a program. Individuals 40 years of age or older should not begin a program until they have been cleared by a doctor.

The following program is progressive to allow the body time to adapt and improve. Prospective applicants should perform a self-evaluation as noted below to determine their fitness levels and begin a regimen to ensure they safely meet the standards.

Delayed muscle soreness (24-48 hours post exercise) may occur as a result of any new exercise program. This soreness should only be mild in nature and should dissipate prior to the next scheduled exercise session.

If significant or severe soreness exists, it is an indication that the individual over exercised and therefore should not perform any exercises (other than stretching) that stress the affected area until all soreness has completely disappeared.

Remember, this program is designed to gradually increase fitness levels with only minimal to moderate discomfort. Individuals should pay close attention to their body for any indication of injury or over-use.

1. Conditioning Program for the Push-up Test

Determine exercise level by measuring maximum number of pushups the individual can complete in 60 seconds.

- When performing pushups, be sure to continue until muscular failure occurs in the straight-knee position and then continues until failure occurs in the bent-knee position.
- If the total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below. Use the above pushup form for conditioning regimen.

- Level A—1 set 3 times a week for 1 week
- Level B—2 sets 3 times a week for 2 weeks
- Level C—3 sets 3 times a week until testing

2. Conditioning Program for the One-Minute Sit-up Test

Determine exercise level by measuring how many sit-ups the subject can complete in 60 seconds.

- If the subject's total number is 15 or less, begin at level A.
- If the subject's total number is greater than 15, begin at level B.

Subject should work toward reaching level C below.

- Level A—1 set 3 times a week for 1 week
- Level B—2 sets 3 times a week for 2 weeks
- Level C—3 sets 3 times a week until testing

When training for sit-ups, be sure the subject continues until muscular failure occurs and then continues with his/her hands by the hips until muscular failure occurs again.

3. Conditioning for the 1.5 Mile Run

- Listed below is a very gradual training schedule that will allow the subject to work at maximum effort in the 1.5 mile run.
- Generally, it is recommended that the subject reach a training distance that is twice the testing level.
- Subjects should continue to increase speed and decrease time for completion of a 3-mile jog 3 times per week with a maximal speed 1.5 mile run 1 day per week.
- If the subject is able to adapt and advance more quickly than the schedule recommends, he/she should do so. However, be sure that the exercise program does not cause any undue muscle soreness or strain.

WEEK	ACTIVITY	DISTANCE	TIME (MIN.)	FREQUENCY
1	walk	1 mile	20-17	5/week
2	walk	1.5 miles	29-25	5/week
3	walk	2 miles	35-32	5/week
4	walk	2 miles	30-28	5/week
5	walk/jog	2 miles	27	5/week
6	walk/jog	2 miles	26	5/week
7	walk/jog	2 miles	25	5/week
8	walk/jog	2 miles	24	4/week
9	jog	2 miles	23	4/week
10	jog	2 miles	22	4/week
11	jog	2 miles	21	4/week
12	jog	2 miles	20	4/week
13	jog	2.25 miles	22-23	4/week
14	jog	2.5 miles	24-25	4/week
15	jog	2.75 miles	26-27	3-4/week
16	jog	3 miles	28-30	3-4/week